

(TMI Focus, Vol. XVI, No. 1, Winter 1994)

LIM'ITS

by Dave Wallis

Dave first became involved with The Monroe Institute in 1979 as a volunteer, primarily in the research laboratory. There he designed the lab systems, installed electronics, and served as a technician during EXPLORER sessions. Dave served as a technical consultant to TMI until 1990, when he joined the staff as a full-time test engineer.

Limits—we all have them, break them, feel supported and hemmed in by them. A wise friend once said, “If you argue hard enough for your limitations, you may actually get them.” A dictionary definition of “limit” is the point or line where something ends or must end, a boundary, the greatest amount allowed, or to restrict. Fortunately, the dictionary cannot limit our life, potential, or future. Only we do that.

Not all limits are undesirable. Many of them are beneficial to long-term survival and quality of life. Good limits might include limiting exposure to the ultraviolet light rays of the sun and thereby reducing the risk of skin cancer. The manufacturer's ratings on engine speed in revolutions per minute (RPMs) prevent destruction of the engine. Observing this mechanical limitation will almost certainly extend the life span and reliability of your car.

“Bad” or restrictive limits may well deny us happiness, love, achievement of our full potential, or understanding of who and what we really are. Perhaps it's time to start on the path of self-exploration. Mysteries and the unknown make exciting television shows and movies and good suspense novels. There's no reason why we should remain mysteries to ourselves.

Remember the newspaper headlines when the first runner broke the barrier of the four-minute mile? Until then, track and field coaches had maintained that it was impossible to run a mile in less than four minutes. No reason was given. Then Roger Bannister ran faster, and now this artificial limit is routinely broken in high school and college track meets. Furthermore, each succeeding Olympics sees new records in many events. Finally, it's okay to be faster, stronger, better athletes than our ancestors.

The human-potential movement has both allowed and encouraged people to examine external or self-imposed limits and decide whether to keep or transcend them. It has become acceptable to push old boundaries and to question the limiting belief systems we were taught, and those we simply absorbed as we grew to adulthood.

Hemi-Sync® is one very effective technique for accessing states of consciousness not normally available and for beginning to push beyond limits to do things you couldn't do before. This was

brought home to me very graphically a few years ago. It was summertime; I was stung by a wasp and started into my typical shock reaction—swelling, intense pain, dizziness, and blackout. This time, I used *HUMAN PLUS* techniques to send healing quickly to the stung area. To my utter amazement, there was no pain or shock, just a very mild itch that disappeared after about five minutes. So much for an old physical belief system that had been a literal “pain” in my life.

The *LIFESPAN2000* program, which I was fortunate enough to attend this fall, has taken the concepts which originated with *H-PLUS*® even further. *LIFESPAN* provides the tools to work on ourselves at all levels—physical, mental, emotional, and spiritual. It greatly amplified my previously learned abilities for increasing and promoting my creature comfort. Exercises in the latter portion of the program are designed to put us in touch with the “source,” that energy which is both life force and universal knowledge—a power shared by everyone. With the means to apply *H-PLUS* techniques beyond my own mind-body-spirit came the realization of where to apply them.

For instance, in relationships it's often difficult to understand a friend or spouse if they're in an “off” mood or having a case of the blahs. One of the *LIFESPAN* exercises focuses on *Empathizing* and tuning in to what's going on with someone else—psychologically and emotionally. Transcending limitations has also let me see myself as another perceives me and, consequently, know both myself and my friend better. What a fun and joyful experience it is to connect with those you love on levels never before possible and to open up to mutual knowingness!

Yes, I'll still obey the speed limits on rural highways, but not the limits on my personal growth, happiness, and inner freedom. Hemi-Sync has helped me to limit my limits. It s really fun to fly!

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1994 The Monroe Institute